

THE ANCHOR NEWS



ST. JOSEPH-LINCOLN SENIOR SERVICE CENTER

3271 Lincoln Avenue
St. Joseph, MI 49085

HOURS OF OPERATION

Monday thru Friday, 8 AM to 4 PM

All doors except for main entrance
(Door #1) will be locked at 3 PM

CONTACT INFORMATION

(269) 429-7768

director@sjlsc.org
www.sjlsc.org

MARCH 2026

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The Senior Center will be closed on:

Friday, April 3rd - Good Friday

Tuesday, April 14th - Staff Day

Friday, April 17th - Volunteer
Appreciation Breakfast

2026 VOLUNTEER APPRECIATION BREAKFAST



Friday, April 17th, 9:00 am

Doors open at 8:30 am

REGISTRATION DEADLINE: FRIDAY, APRIL 10th

St. Joseph-Lincoln Senior Service Center staff members are honored to invite our dedicated Volunteers to a special appreciation breakfast themed "Volunteers Plant the Seeds of Kindness". This event recognizes the incredible time, energy, and love our Volunteers have poured into our community over the past year. Join us on Friday, April 17th, at 9:00 a.m. for a delicious breakfast and a cheerful, garden-themed atmosphere to honor your hard work. Volunteers are truly the backbone of our organization, and the SJLSSC team wants to personally thank you for the ways you make our world brighter and more supportive. **Volunteers that donated time in 2025 are asked to kindly RSVP at the front desk by April 10th to ensure we have a spot saved for you.** We cannot wait to celebrate our amazing Volunteers!



RAISED PLANTERS & POTTING BENCHES/ BEVERAGE CENTERS



Get ready to upgrade your garden or your next outdoor party! The skilled hands in our Wood Shop are thrilled to announce the return of two seasonal favorites: beautifully crafted raised planters and our adaptable potting benches/beverage centers. Available in two sizes, the back-saving raised planters will be \$230 for a 4'x2' planter, and \$270 for a 6'x2' planter. The potting bench/beverage centers are \$230. All items are available with casters for an additional \$75. Enjoy no-cost delivery within a 10-mile radius of the Center. A delivery charge will be added for locations beyond that radius. Contact the front desk to order now through April 1, 2026. All deliveries will be made in April.

AROUND THE CENTER

Notes From The Board

MOVING THE CENTER

No! This title does not mean that we are moving to a new address. Rather the title refers to moving our Senior Center operations to an even higher plane. At the January 15th Board Meeting, a mid-point progress report of the Strategic Plan for the 2025-27 time period was presented by Board President Bob Hopkins and Executive Director Cindi McLaughlin. The 2025-27 Strategic Plan outlines what is special about the Center and needs to be preserved, and what needs to be considered for change. Resulting from the close attention given to the Strategic Plan, the progress report lists many somewhat subtle but significant changes, as well as the major changes that have taken place at the Center since January of 2025.

Examples of the subtle Center changes are committing to a third entry to the Center at the north-west corner of the building and adding a Greeter Station there. Also, there have been three additional security cameras added at various locations for increased member safety. Major change examples include the expansion of the Circuit Training Room and the purchase and installation of many new exercise machines for this facility. Additionally, modifications were made to two Center facility rooms, creating a much improved space for quilting activities and a dedicated game room.

Numerous other improvements have been made in this one and a half year time period. The focus

was movement-moving in multiple positive ways to be better for you...to honor the Mission and Vision that are described in the Strategic Plan. You may access this Strategic Plan progress listing by going to the Library where a copy of the Strategic Plan is available for review. The progress list appears at the back of the document as an addendum.

MOVING YOU

Yes! This title does mean that you should be moving. As I hope you have discovered, our Senior Center provides numerous and diverse options for you to move on. Each program and service, in its own special way, is designed to help you move towards a happier, healthier you – to provide pathways for you to discover a talent you may have suspected was hidden within you, to test whether you can do this or that, to meet people and make new friends and acquaintances. Just you getting out of the house and making an appearance at the Center is a good move. I hope that because of our management team, volunteers and Board Member commitment to doing the best that we can to provide a supportive environment and excellent programming and services, you can truly say, "Joining the St. Joseph-Lincoln Senior Service Center is one of the best moves I ever made."



Dennis McCarthy

Dennis McCarthy
SJLSSC Board of Directors

WHAT WE HAVE TO OFFER

- Arts & Crafts
- Betty Kohn Outdoor Fitness Zone
- Board Games
- Book Club
- Bowling Group (Seasonal)
- Cards/Games
- Circuit Training Room - 8:30 am-3:15 pm
- Community Resource Center
- Computer Lab
- Cornhole
- Educational Programs
- Fitness Classes
- Foot Clinic
- Friendship Garden (seasonal)
- Garden Nook
- Golf League (Seasonal)
- Hanes Family Wild Flower Trail
- Healthy Eats - 11:00 am-1:00 pm
- Lending Library
- Loan Closet
- Pickleball
- Priscilla Upton Byrns Walking Trail & Gardens
- Puzzles (to take home)
- Softball (Seasonal)
- Transportation In Our Service Area
- Trips
- Ukulele Classes
- Videos Of Exercise Classes On Our Website
- Videos Of How To Properly Use Our Circuit Training Room & Fitness Zone Equipment On Our Website
- Volunteer Opportunities
- Website & Facebook
- Wood Shop - 8:30 am-3:30 pm

CONSISTENT MONTHLY PROGRAMS

BOOK CLUB

Wednesday, March 11th, 10:00 am

"The Magnificent Lives of Marjorie Post" is a 2022 historical fiction novel by New York Times bestselling author Allison Pataki, chronicling the life of heiress Marjorie Merriweather Post. From her youth in Michigan to becoming a powerful businesswoman and one of the world's wealthiest women, the book explores her journey as a trailblazer in business and society through the 20th century, balancing her personal life with her public role as the head of the Post Cereal Company and General Foods. Leading the discussion will be Sally Huling. This group is open to all SJLSSC members who have a passion for reading.

COOKIES AND CANVAS

Friday, March 20th, 12:00-3:00 pm

\$20 per person, payable at sign up

NO REFUNDS

Make checks payable to Roy Hruska

DEADLINE TO REGISTER IS MARCH 18th

The watercolor painting for the month of March is titled "Lavender House" and is on a 9"x12" canvas. All materials needed for this class are provided. **Class size is limited and advance registration is required.**



COOKIES AND CANVAS

Friday, April 10th, 12:00-3:00 pm

\$20 per person, payable at sign up

NO REFUNDS

Make checks payable to Roy Hruska

DEADLINE TO REGISTER IS APRIL 8th

The watercolor painting for the month of April is titled "Hibiscus" and is on a 9"x12" canvas. All materials needed for this class are provided. **Class size is limited and advance registration is required.**

STAMP CAMP

Tuesday, March 31st, 11:00 am-3:30 pm

\$20 per person, payable at sign up NO REFUNDS

Make checks payable to Caryn McFall

DEADLINE TO REGISTER IS MARCH 27th

In this class you will be making eight cards with envelopes. Easter and springtime will be the focus this month. Alternative phrases will be available along with papers, embossing supplies, punches, decorative scissors and stamps. No experience necessary. There will be demonstrations and written instructions. All participants will work at their own pace. **Students will need to bring small scissors and double stick tape to class. Class size is limited and advance registration is required.**

FOOT CLINIC

By Appointment Only

Darlene Anderson, RN of Bless Your Feet, LLC performs Foot Clinics at our Center two times per month. Please contact Darlene at 540-333-4596 for appointments and with any questions about the service. This service is available to our members, but is not a function of our Senior Center.



LET'S GET PHYSICAL

SJLSSC EXERCISE ROOMS

HOURS OF OPERATION

Monday-Friday 8:30 am-3:15 pm

USING SJLSSC EXERCISE ROOMS EQUIPMENT

Before using the Exercise Room equipment, ALL SJLSSC members are required to sign a Circuit Training Room Waiver AND attend a free, scheduled 30-minute orientation covering equipment utilization and safety. To schedule an orientation, please visit the Exercise Room in person during its operating hours. Please check in at one of the hallway monitors before your orientation appointment and each time you use any of the Exercise Rooms.



7 BEST FULL-BODY EXERCISES

Monday, March 23rd, 1:00-1:30 pm

Join Fitness Instructor & Trainer Jean Green to learn the seven best exercises that prioritize full-body engagement. These versatile exercises force every joint to stabilize while engaging the entire core and carry over into every activity of daily living. Learn more about adding intensity to these movements by using dumbbells, resistance bands, or medicine balls, boosting deep core strength and enhancing functional stability. Five of the exercises will require students to be on the floor. Students are asked to bring their own mats for this 30-minute session. **Visit the Exercise Rooms for more information and to register. Class size is limited and advance registration is required.**

CIRCUIT TRAINING ROOM EQUIPMENT

The **Body-Solid S2BTP Bicep and Tricep Machine** offers enhanced safety, stability, and joint support for extended bicep/tricep workouts. Featuring a guided motion for controlled movements (reducing injury risk), thick padding for comfort, a stable base for balance and safety, and clear instructions for proper form, this machine proves crucial for building functional arm strength for daily tasks while minimizing strain.



WE ♥ OUR VOLUNTEERS!

VOLUNTEERS NEEDED

If you are looking for ways to give back to the community or if you have extra time in your schedule, we need you! We are in need of volunteers in the following areas:

- Art/Craft Class Instructors
- Bingo Set Up & Tear Down
- Entrance Greeters
- Front Desk Receptionists
- Fundraising Committee Members
- Handyperson
- Light Ironing
- Newsletter Mailing support
- Wood Shop Hosts

Ready to volunteer at SJLSSC? Talk to Jill, our Volunteer Coordinator, to find the perfect fit for you!



FEATURED VOLUNTEER ROLE: LIGHT IRONING



The process of ironing with its repetitive motion can have a calming effect and be a stress relieving activity. We are in need of volunteers to help keep our supply of tablecloths ironed and ready for upcoming events. If you have an interest in ironing, please contact Jill, our Volunteer Coordinator for more details about this much needed volunteer position.

Giving of your time not only helps others, but feels good in the process.



BACKGROUND CHECKS ARE PERFORMED ON ALL VOLUNTEERS TO ENSURE THE SAFETY OF OUR MEMBERS AND FOR THE CREDIBILITY OF OUR CENTER.

HAPPY BIRTHDAY AMERICA!

Throughout 2026, The Anchor News will mark America's 250th birthday with a special article series exploring the history and development of our nation's government.



250 YEARS OF BALANCE: UNDERSTANDING AMERICA'S THREE BRANCHES OF GOVERNMENT

As the United States celebrates its 250th anniversary—the Semiquincentennial—it is a fitting time to reflect on the foundational structure of American democracy. In 1776, the founders declared independence not just from a king, but from the idea of unchecked power. To ensure this new nation would be governed by laws, not individuals, they created a government divided into three co-equal branches, as established by the Constitution. This system of separation of powers—legislative, executive, and judicial—ensures that no single person or group holds all the authority, creating a robust framework for checks and balances that has sustained America for 250 years.

TRIPS

TRIP POLICIES

SJLSSC has updated our Trip Policies, which can be found on our website, as well as posted on the trip board in the Center. All SJLSSC trip participants acknowledge and agree to adhere to all trip policies and procedures.

TRIP WAITLIST

Signing up for a trip waitlist offers an opportunity to secure a spot if a cancellation occurs. If you are interested in a trip that is full, we HIGHLY recommend joining the waitlist.

The Lion King Broadway Musical: April 25th

Mackinac Island Grand - Spring: May 6th-9th

Mackinac Island Grand - Fall: October 13th-16th

THE RIGHTEOUS BROTHERS *NEW TRIP*

Blue Gate Theatre, Shipshewana, IN

Thursday, June 18th

\$174 per person, payable at sign-up



Enjoy shopping in Shipshewana, dinner at the Blue Gate Restaurant and a nostalgic concert experience at the Lovin' Feelin' Farewell Tour of the legendary Righteous Brothers at the Blue Gate Theatre. This trip includes round-trip motorcoach transportation, over two hours of shopping in downtown Shipshewana, buffet dinner at the Blue Gate Restaurant, show ticket, and gratuities. Take a journey through decades of timeless hits that have defined a generation, including "You've Lost That Lovin' Feelin'," "Unchained Melody," "(I've Had) The Time of My Life," "Soul and Inspiration," and more. This show promises a captivating musical odyssey, spanning the early days of rock and roll, the era of Blue-Eyed Soul and as far reaching as the movie Dirty Dancing. Trip will depart at 1:00 pm and return around 11:00 pm. MODERATE ACTIVITY

THE ARK ENCOUNTER & CREATION MUSEUM *NEW TRIP*

September 14th-18th

FIRST DAY TO SIGN UP FOR THIS TRIP IS MONDAY, MARCH 2ND @ 8:00 am

\$931 per person, SINGLE occupancy

\$732 per person, DOUBLE occupancy

\$712 per person, TRIPLE occupancy

\$75 deposit due per person at sign-up

Balance is due July 1st

MANDATORY TRIP MEETING: Thursday, September 3rd @ 10:00 am



The Ark Encounter in Williamstown, Kentucky, features a massive, full-scale, 510-foot replica of Noah's Ark built according to biblical dimensions, making it one of the largest timber-frame structures in the world. This trip includes transportation on a top-quality motorcoach, four nights lodging in the Cincinnati area and 8 meals (four breakfasts and four dinners), admission to the stunning Ark Encounter, Creation Museum and the Cincinnati Museum Center (including Cincinnati History Museum and the Museum of Natural History & Science). Travelers will also enjoy a BB Riverboat's Sightseeing Cruise on the Ohio River. Visit the trip board at the Center for more information. All passengers on this trip MUST attend the trip meeting on September 3rd @ 10 am. Trip insurance is available and recommended. VERY ACTIVE ACTIVITY

A CLOSER WALK WITH PATSY CLINE

Cornwell's Turkeyville Dinner Theatre

Tuesday, September 15th

\$109 per person, payable at sign-up



Enjoy lunch and a show with this heartfelt and intimate portrayal of one of country music's greatest voices. This captivating retrospective traces Patsy's rise to stardom from small town Virginia to Carnegie Hall. Featuring her greatest hits, including "Walkin' After Midnight," "Crazy" and "I Fall To Pieces," this production will transport you back in time! Cornwell's Turkeyville in Marshall, Michigan, is a multi-generational family business, famous for its delicious turkey meals, homemade pies, and a popular professional dinner theater with Broadway-style shows, plus a large gift shop and ice cream parlor. Trip will depart at approximately 9:30 am and return around 7:00 pm. Cost includes motorcoach transportation, theatre tickets, lunch and gratuity. MODERATE ACTIVITY

BRITISH LANDSCAPES

featuring England, Scotland and Wales

October 18th-27th - 3 spaces left!

Double - \$5,329

Single - \$6,329



An adventure fit for a Shakespearean tale takes you from verdant hillsides to bustling British cities rich with culture. All registration for this trip will be through Collette Tours. Please contact Carol Olson at 269-982-0901 for more information. ACTIVE ACTIVITY

DONATION OPPORTUNITIES

There are many ways to donate to our non-profit 501(c)3 corporation and assist us in continuing to provide many services to our members.

BERRIEN COMMUNITY FOUNDATION ENDOWMENT FUND

Made to ensure long term sustainability of our organization.



BUILDING FUND DONATIONS

Made to contribute to our direct building expense.

FORGET ME NOT SOCIETY

Honoring those who choose to make a legacy gift to the SJLSSC Endowment Fund, which is administered by the Berrien Community Foundation. This endowment will provide essential stability for our Center.



HONORARY DONATIONS

Made in honor of someone who has enriched your life.

MEMORIAL DONATIONS

Made in memory of a friend or loved one who has passed away.



PROGRAM DONATION

Designate a donation for a particular program we offer at the Senior Center; exercise classes, Circuit Training Room, Wood Shop or to one of our outside areas; the Walking Trail, Friendship Garden, or the Wild Flower Trail.

WALKING TRAIL BRICKS

Give a lasting tribute to someone who brought light into your life by purchasing a commemorative brick on the walk around the flagpoles of the Priscilla Upton Byrns Walking Trail and Gardens. Order forms are available at the front desk, by email or mail. Orders placed after March 1st will be submitted on June 1st.

CURRENT FUNDRAISERS



POTTING BENCH



RAISED PLANTERS

RAISED PLANTERS & POTTING BENCHES

The skilled hands in our Wood Shop are thrilled to announce the return of beautifully crafted raised planters and adaptable potting benches/beverage centers. Available in two sizes, all items will be available with casters for an additional fee. See the article on page 1 of this issue for more information.

SUPPORT THE SILVER TONES

Since their founding in October 2024, the Silver Tones have grown from a small group of 10 to a thriving choir of 30–35 members! Practicing weekly and performing throughout our community, the group cherishes the opportunity to connect with others. As they continue to grow, the costs associated with this wonderful program increases as well. Donations made to this group will support the purchase of new sheet music, which costs over \$100 per song, as well as other expenses associated with the program. Any donation would be so appreciated to help the Silver Tones continue sharing the joy of music!

PLEASE REMEMBER TO STATE WHAT SPECIFIC FUNDRAISER YOU WOULD LIKE YOUR DONATION TO BE DESIGNATED FOR. THANK YOU!

SJLSSC MISSION STATEMENT

The St. Joseph-Lincoln Senior Service Center is committed to providing a welcoming, safe and friendly setting for Senior Citizens. We support member independence by offering social, educational, cultural and recreational programs and services.

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CENTER NEWS

KEEPING OUR CENTER HEALTHY

If you're feeling under the weather, please prioritize your recovery by resting at home. Let's work together to keep our community healthy—self care helps protect everyone who visits our Center. We look forward to seeing you when you're feeling better!



COMPUTER LAB HOURS

Due to tax season operations, the Computer Lab will be open for general use only on Wednesdays through April 17th.



DID YOU KNOW?

All exterior doors at the Senior Center are numbered above the door. The trek through the SJLSSC hallways from Door #7 (entrance near the Wood Shop) to Door #3 (entrance near the Art Room) spans exactly 350 feet. Those steps add up quickly—walking this route just 15 times is nearly equivalent to a full mile!



WALKING TRAIL BRICKS

Give a lasting tribute to someone who brought light into your life by purchasing a commemorative brick on the walk around the flagpoles of the beautiful Priscilla Upton Byrns Walking Trail and Gardens. Your purchase supports the upkeep and enhancement of this beloved community space. All orders placed after March 1st will be submitted on June 1st and installed late summer. Order forms are available at the front desk, by email or mail.



**"MARCH IS AN EXAMPLE OF HOW
BEAUTIFUL NEW BEGINNINGS CAN BE."**

-Anamika Mishra

ABOUT THE SJLSSC SILVER TONES

Do you love to sing? Come join the Silver Tones, an inclusive community choir where no experience is necessary—just a desire to enjoy the fun and joy of singing with others! Founded in October 2024, the Silver Tones have grown from a small group of 10 to a thriving choir of 30–35 members. Performing a diverse repertoire, ranging from religious and secular Christmas music to pop hits and forties favorites, every performance is about more than just the music—it's about the people. The Silver Tones cherishes the opportunity to connect with our local community, frequently visiting with residents at The Whitcomb, Pine Ridge, and Crowne Pointe.

All are invited to our upcoming public performances:

- Crowne Pointe: Tuesday, March 3rd @ 1:00 PM
- The Whitcomb: Thursday, March 12th @ 3:00 PM

The Silver Tones are fortunate to have a dedicated team of directors and accompanists and, while the group is growing, they are always looking for new voices. Even if you cannot attend every practice or performance, the Silver Tones would love to have you!

Join Us!

- When: Mondays at 1:30 PM
- Where: Friendship Hall @ St. Joseph-Lincoln Senior Service Center
- Who: All are welcome. We especially encourage men to join our growing group.

Note: To keep music fresh, the Silver Tones are seeking donations to help purchase new sheet music, which costs over \$100 per song. Any donation would be so appreciated.

Our Senior Center has an Abuse Prevention Policy that prohibits any form of violence, abuse or harassment including verbal, sexual or emotional abuse. Copies of the policy are posted at the Center. Please report any incidents to the Executive Director.

CENTER NEWS

PROGRAM INTEREST LISTS

SJLSSC is exploring the possibility of expanding our program schedule to include two wonderful new programs. If any of the potential programs below interest you, please see the bulletin board across from the gym to add your name to the interest list. Your input helps us gauge interest and determine which programs to move forward with.

Cribbage: Cribbage is a 2–4 player card game (typically two) where players aim to reach 121 points first, using a specialized board with pegs to track scoring. Invented in the 17th century by John Suckling, it features a unique "crib" of cards—a separate hand for the dealer. Points are earned through card combinations (pairs, runs, 15s) during play and in the "show" (hand scoring). Open to "seasoned" players, as well as folks interested in learning how to play.

Readers Theatre: Callout for interested dramatic seniors! If you enjoy being in a play, but dislike memorizing lines, Readers Theatre is for you! Readers Theatre for seniors is an engaging, low-stress form of theater where participants read scripts aloud rather than memorizing lines, focusing on expressive voice, characterization, and facial expressions. Often performed with scripts in hand, it requires no elaborate costumes or sets, making it accessible for seniors to enjoy storytelling, improve literacy, and enhance social connections. No experience necessary, this group will be led by an experienced theatre actor & director.



SOFTBALL SEASON IS ALMOST HERE!

The SJLSSC Softball team will begin practicing in April and is currently seeking enthusiastic Center members interested in playing co-ed softball during the 2026 season. Whether you are looking to return to the diamond, or wanting to try it out for the first time, all skill levels are welcome to participate in this fun group. **Beginning March 2nd, interested individuals are encouraged to stop by the front desk and leave your name and number.** Check the upcoming April issue of The Anchor News for further details about the 2026 season.



TEE UP FOR THE SEASON: SJLSSC GOLF LEAGUE

Get ready to hit the greens! The SJLSSC individual-play Golf League is accepting sign-ups, exclusively for Center members. All registered league members will play at Pebblewood Golf Course in Bridgman, MI. League fees are \$240 with no greens fees, subject to course availability. Tee-off time is at 9:00 am on Tuesdays, with the season beginning on April 28th.

Other league information:

- Tee times are ten minutes apart
- Matches are played over nine holes with 100% handicap (average of players last five rounds)
- Women play from red tees. Men 75 years and up play from red tees; men under 75 play from gold tees.
- Canceled rounds will be made up at season end
- Couples wanting to play in the same foursome, or in the following foursome, must request this option at the time of registration/payment

There will also be optional "skins games" (best score of the day on a hole offered separately to men and women) for an additional \$20, with payment to be made at the time of registration.

Payment in full is due by April 17th. Please include your email address, phone number and make checks out to Bob Hopkins. Payment may be dropped at the SJLSSC Front Desk, or mailed to: Bob Hopkins 3529 Crestview Drive, St. Joseph, MI 49085. Registrations received after April 17th will be added to the subs list. **There will be a pre-season Golf League meeting at the Senior Center on Tuesday, April 7th at 1:30 pm.**



PLEASE SLOW DOWN

Please remember to slow down when entering and exiting the Center parking lot. The lot can become congested and it's important to be aware of pedestrians and other drivers, look both ways, and double check behind you when backing up and pulling out of your parking space. Please be safe and smart!



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PROGRAMS

ART CO-OP WORKSHOP

Monday, March 2nd, 12:30-3:00 pm
\$25 per person, payable at sign up

NO REFUNDS

Make checks payable to Matt Payovich

DEADLINE TO REGISTER IS FEBRUARY 26th

Matt returns for a watercolor/ink workshop where the subject will be "Backyard Pets and other Friends". Bring a 5x7 photo of your pet (face only), or we will provide source pictures of Backyard Friends. All materials will be provided. **Class size is limited and advance registration is required.**



ORGANIZED BY DESIGN

Tuesday, March 10th, 10:30 am

Organizing goes hand-in-hand with Spring cleaning! Join Professional Organizer, Becky Martin, for another illuminating workshop on the art of home organization. In this comprehensive workshop, you will gain insights into the world of decluttering and organizing. **Class size is limited and advance registration is required.**



WHITCOMB SENIOR LIVING - BINGO SPONSOR

Thursday, March 12th, 12:00 pm

Whitcomb Senior Living will sponsor Bingo and provide a **free lunch only for Senior Center members playing Bingo**. Lunch will be followed by a short presentation by Whitcomb Senior Living staff. Attendees will learn more about the history of the Whitcomb and all it has to offer as a Senior Living Community in downtown St. Joseph, making it one of the most desired senior living communities in Michigan. Bingo is \$2 and will start at 1:00 pm. **Space is limited, all attendees must sign up by Thursday, March 5th.**



FRENCH LANGUAGE CLASSES ORIENTATION

Monday, March 16th, 1:30 pm

Learn how you can experience the beauty of the French language directly from a native speaker at this orientation for the new immersive French Language Classes being offered at SJLSSC. Beginners and intermediate learners are invited to join us for the opportunity to meet instructor Nicole Pierard-D'Herde to discuss class schedules, hear firsthand about Nicole's teaching methods, and discover how her courses will help you speak confidently. Don't miss this opportunity to begin your journey to fluency! **Advance registration is required.**



PEACE OF MIND

Tuesday, March 17th, 10:30 am

We invite you to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join host Mark Casey of Starks Funeral Homes as he discusses pre-arrangements, Veteran's benefits, cremation, burials and more. **Advance registration is required.**



PAIN MANAGEMENT: OPIOIDS AND ALTERNATIVES

Tuesday, March 17th, 1:30 pm

Kerri Teachout, Certified Prevention Consultant, will lead a one hour educational presentation geared towards older adults, their families & caregivers. Many seniors have heard the term opiates but do not fully understand what medications fall under this classification. Participants will learn the importance of safely managing their medications, especially when taking opioids. Along with learning opiate identification, proper use, proper storage and proper disposal - discussion also includes therapeutic options that complement traditional medical treatment. Each participant will also receive a packet of relevant information. **Advance registration is required.**



SELF DEFENSE FOR SENIORS

Wednesday, March 18th, 1:30-3:00 pm

Constructed from counter-terrorism, police and military tactics, this 90-minute self-defense seminar is tailored for active senior citizens. Join defense professionals Jill and Steven Phenegar as they teach participants how to detect threats and protect yourself through situational awareness. Students of this class will receive a 140 dB personal alarm. **Space is limited and advance registration is required.**



PROGRAMS

INTRODUCTION TO SALVE MAKING

Wednesday, March 18th, 1:30-3:30 pm

\$15 per person, payable at sign up **NO REFUNDS**

Make checks payable to Lori Westlake

DEADLINE TO REGISTER IS MARCH 13th

Join Lori Westlake of herb-N-art as she introduces participants to interactive salve making using herb-infused oils and other natural ingredients to create skin-soothing salves. Each participant will take home their own 2 oz container. All materials included. **Space is limited for this event and advance registration is required.**



SPEED FRIENDING EVENT

Thursday, March 19th, 1:30-3:30 pm

Ready to expand your social circle? Join us for an engaging Speed Friending event - a fun, low-pressure event where you meet new people through a series of timed, one-on-one conversations. Use fun icebreaker questions to spark conversation before a bell signals you to move to the next person, allowing you to meet a variety of people in a short amount of time. **Space is VERY limited for this event and advance registration is required.**



FUN COLLABORATIVE CHALLENGES

Monday, March 23rd, 1:30-3:30 pm

Looking for a fun way to connect with others while exercising your brain? Join Gil Herman for more Collaborative Challenges where you'll team up with fellow participants to solve intriguing problems. Featuring a variety of group activities, including working together to solve a complex "path to success" by physically navigating the crossing of a "magic carpet", these challenges prioritize teamwork and brainpower, offering a unique opportunity to connect and collaborate in a supportive environment. Sessions will remain physically easy while offering stimulating mental workouts. **Space is limited and advance registration is required.**

WHO WERE THE ST. LOUIS BROWNS? BASEBALL'S FORGOTTEN TEAM

Tuesday, March 24th, 10:30 am

Baseball's spring training is in full swing, and a great way to start the season off is to learn about baseball's forgotten team, the St. Louis Browns. Join Garry Lange from the Biggest Little Baseball Museum as he discusses the only batter in baseball history with a 100% on-base percentage (the Brown's Eddie Gaedel), a wonderful story about a special 75 year-old baseball mitt, and more! All attendees will receive a complimentary box of Cracker Jacks. **Advance registration is required.**



ELDER LAW PRIMER

Tuesday, March 24th, 1:30 pm

Could you afford the costs if you or a loved one suddenly required care in a nursing home? What is estate recovery, and how could it impact your family? Why isn't it as simple as giving everything to your children? Join Attorney Bill Westerbeke to learn how Elder Law works and how it affects aging seniors and their families. **Advance registration is required.**



BEGINNING FLORAL ARRANGING: EASTER ARRANGEMENT

Tuesday, March 31st, 1:30-3:00 pm

\$30 per person, payable at sign up **NO REFUNDS**

Make checks payable to Linda Stone

DEADLINE TO REGISTER IS MARCH 25th

Join florist Linda Stone as she guides students in creating a beautiful Easter arrangement. Learn basic floral design principles, flower preparation and preparing your containers using floral foam to hold your greenery and flowers in place. Containers and flowers are included in the price of the class. **Students are asked to bring sharp scissors or pruners to cut stems. Space is limited and advance registration is required.**



ANNE'S REAL ESTATE ROUND TABLE

Thursday, April 2nd, 1:30 pm

Join Anne's Real Estate Round Table guest speaker Lori Thompson, attorney with Passaro, Khan, Taylor, DeFrancesco & Thompson Law Offices, P.L.L.C., for answers to real estate legal questions, such as: How to hold title so my property will avoid probate? What are the pros and cons of a Lady Bird Deed? Will the way I title my property affect Medicaid? Mark your calendar for this relevant event regarding planning your real estate. **Advance registration is required.**



ART CO-OP WORKSHOP

Monday, April 6th, 12:30-3:00 pm

\$25 per person, payable at sign up

NO REFUNDS

Make checks payable to Matt Payovich

DEADLINE TO REGISTER IS APRIL 2nd

Matt will be using watercolor/ink to introduce transparency, water, shadows, and light. All materials will be provided. **Class size is limited and advance registration is required.**



IMPORTANT REMINDERS

Remember to **sign in when entering the building** for any reason, even to sign up for a trip, return a library book or sign up for a program. You need to go through the screens until you find the activity/activities you are here to attend and remember to hit FINISH when done so it will log your day's activities.

If you cannot attend a program you've signed up for, **please call and cancel**.

We have a **large library** filled with fiction and non-fiction books, as well as audio books, current magazines & DVDs. Please check these items out at the front desk.

Our **Library is not presently accepting book donations**, however, we are accepting magazines which should not be older than 3 months.

If you would like an email reminder when the newsletter is posted online, please email us at support@sjlsc.org.

We are **not accepting** fabric donations at this time.

If you **misplaced a personal item** such as a book, eyeglasses, or clothing, please stop at the front desk and we will point you in the direction of our Lost & Found.

Please **remember to sign up** for all programs that you'd like to attend.

Be sure and check the "Community Resource Center" bookcases located in the SJLSSC Game Room for information about assisted living facilities, bereavement counseling, senior care, veterans, MMAP, safe pill disposal, recycling events and more.

We are **in need of sympathy cards and light colored envelopes**. Please no Christmas cards at this time.

REMINDER

Please **check the Recurring Schedule (page 16) every month**. If we know that a class is cancelled when the newsletter goes to print, we will note it and no robo call will be made.



Happy St. Patrick's Day

St. Patrick's Day, celebrated annually on **March 17th**, honors the patron saint of Ireland by marking the anniversary of his death in the 5th century.

IMPORTANT REMINDERS

Our newsletter is our **major line of communication** with our members. We strive to provide you with up-to-date information when the newsletter goes to print, which is about two weeks before we mail it. Please take the time to look at this newsletter each month so that you can stay informed on all of the important happenings at our Center.

To be eligible to use the services at our Senior Center, **you or your spouse need to be 60 years of age or older.** You need to be in our service area to use our transportation, run for our Board of Directors and/or vote in our Annual Board Election.

We are **not accepting puzzles over 500 pieces.**

Please remember if you have robo call blocker, **you will not receive our calls.**



IMPORTANT INFORMATION

Please remember that you will only receive robo call updates on programs that you have signed up for in advance or classes you have checked in for in the last six months.

We are asking that everyone **exit our Center by 3:45 pm** so the Staff can securely close our building. All doors will be locked at 3:00 pm, EXCEPT for the main entrance, (door #1). We appreciate your cooperation!

We only accept **cash or checks for all payments** to our Senior Center.

Class descriptions are available at the front desk, on our website and on the bulletin board by the gym entrance.

Please **arrive at least 10 minutes before a program begins** so you are not interrupting a program by arriving late.



DAYLIGHT SAVING TIME BEGINS AT 2 A.M. ON **SUNDAY, MARCH 8, 2026**, AT WHICH TIME CLOCKS "SPRING FORWARD" AND RESET TO 3 A.M. AND IT ENDS 2 A.M. ON SUNDAY, NOV. 1, 2026 AT WHICH TIME CLOCKS "FALL BACK" AND RESET TO 1 A.M.

RECURRING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am - Resistive Exercise	9:00 am - Resistive Exercise	9:00 am - Resistive Exercise	9:00 am - Resistive Exercise	8:30 am - Zumba
9:30 am - Quilting Group	10:00 am - Range of Motion NO CLASS 3/3 VIDEO ON 3/10	9:00 am - Greeting Card Making	10:00 am - Range of Motion	9:30 am - Yoga for Mind & Bone Health
10:00 am - Calisthenics	11:00 am - Chair Drumming NO CLASS 3/3 VIDEO ON 3/10	10:00 am - Calisthenics	12:00 pm - Tai Chi	10:30 am - Beginner Pickleball
10:00 am - Jokers and Marbles	12:30 pm - Advanced Pickleball STARTS AT 10:30 ON 3/3	11:00 am - Balance Class	12:30 pm - Beginner Pickleball 3/5 & 3/19 ONLY	12:00 pm - Parkinson's Exercise
11:00 am - Balance Class	12:30 pm - Advanced Ukulele	11:45 am - Cardio Drumming	12:30 pm - Scrabble	12:30 - Intermediate Pickleball
12:00 pm - Tai Chi	1:00 pm - Euchre	12:00 pm - Parkinson's Exercise	12:30 pm - Hand & Foot Cards	1:00 pm - Euchre
12:00 Corn Hole	2:00 pm - Beginner Ukulele	12:30 pm - Dominoes	1:00 pm - BINGO SEE DATES BELOW	
12:30 pm - Hand & Foot Cards	Class descriptions are posted on the bulletin board outside the gym and additional information is available at the front desk. 	12:45 pm - Bowling offsite @ Striker's Bowling, St. Joseph	2:00 pm - Intermediate Pickleball 3/5 & 3/19 ONLY	
1:00 pm - Art Co-Op See bulletin board for weekly topic		1:00 pm - Mah Jongg		
1:30 pm - Choir Group		1:00 pm - Advanced Pickleball		
1:45 pm - Line Dancing for Absolute Beginners		1:00 pm - Stitch & Chat		
2:45 pm - Line Dancing - Beginners/High Beginners		2:30 pm - Intermediate Pickleball		

THE RICK FRERIDGE WOOD SHOP

GENERAL INFORMATION

Enjoy the camaraderie of fellow woodworking enthusiasts while gathering inspiration from our well-equipped Wood Shop. To become a Wood Shop member, you must be a member of SJLSSC and attend a required equipment/safety orientation. Orientation classes are approximately three hours and cost \$20. Please check the SJLSSC website for more information on Wood Shop memberships, or stop by the front desk to become a Wood Shop member and register for your orientation. **NO REFUNDS ON WOOD SHOP ORIENTATION OR CLASSES.** Refunds are issued solely for Center-initiated cancellations.

CURRENT HOURS/DAYS OF OPERATION
Monday-Friday 8:30 am-3:30 pm

WOOD SHOP PROGRAMS

BUILD A BLUE BIRD HOUSE

Tuesday, March 10th, 8:30 am-12:00 pm

Instructor: Bob Mann

SJLSSC Wood Shop members only

\$25 per person, payable at sign-up

NO REFUNDS

Back by popular demand! This class is designed for entry-level woodworkers with basic skills and includes a handmade kit of pre-made wooden parts and all necessary hardware needed to complete a beautiful and functional birdhouse. Supervision will be present and happy to help when needed to use the drill press and drill/driver. The completed project can be painted or stained at home, or left natural for a beautiful weathered look. Now is the time to consider providing a comfy nesting shelter for one of summer's most beautiful feathered friends! **Class size is limited and advance registration is required.**



BANDSAW SCOOP

Wednesday, March 18th, 12:00-3:00 pm

Instructor: Tom McDonough

SJLSSC Wood Shop members only

\$20 per person, payable at sign-up

NO REFUNDS

In this hands-on class students will get an overview of how to make a scoop using only the bandsaw. This class begins with a short orientation featuring samples and a process overview, before moving into the shop to work on completing a functional bandsaw scoop. All tools, equipment and a wooden blank are provided to complete the project. **Class size is limited and advance registration is required.**



EPOXY RESIN TECHNIQUES DEMO CLASS (2-SESSION CLASS)

Thursdays, March 19th & 26th

3:00-6:00 pm

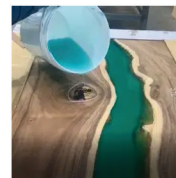
Instructor: Tom Hurst

Open to all SJLSSC members

\$25 per person, payable at sign-up

NO REFUNDS

In a classroom setting, your instructor will demonstrate how to use two-part epoxy as an adhesive, void repair and color fill embellishment to your projects, as well as demonstrate a resin cast and river-pour cutting board. Students will learn about the use of clear and colored epoxies, thickening agents and structural reinforcements. This is a two day class to allow resins to cure and provide time to demonstrate how to abrade and polish finished work. The knowledge you gain from this class will allow you to have a strong foundation for your epoxy journey. **Class size is limited and advance registration is required.**



BANDSAW TREASURE BOX

Wednesday, March 11th, 12:00-3:00 pm

Instructor: Tom McDonough

SJLSSC Wood Shop members only

\$25 per person, payable at sign-up

NO REFUNDS

In this hands-on class students will get an overview of the process and procedures needed to make a Bandsaw Box (Treasure Box) using only the bandsaw. The class begins with a short orientation with samples, process overview, then it's into the shop with the goal of completing a functional Bandsaw Treasure Box. The Wood Shop will provide all the tools, equipment and a wooden blank to complete your treasure box. **Class size is limited and advance registration is required.**



HAND TOOL BASICS

Tuesday, March 17th, 3:00 pm-6:00 pm

Instructor: Glen Peterson

SJLSSC Wood Shop members only

\$25 per person, payable at sign-up

NO REFUNDS

Hand Tool Basics offers a basic introduction to woodworking hand tools used in furniture making, including: measuring and marking tools, planes, chisels, files, hammers, mallets and saws, etc. There will be discussions and demonstrations of each type of tool and participants will complete a series of exercises to practice using each class of tool. **Class size is limited and advance registration is required.**



~PROGRAMS CONT. ON PG 18~

Every piece of wood has a story to tell, and the woodworker's hands bring that story to life.

WOOD SHOP PROGRAMS

MILLING LUMBER

Tuesday, March 24th, 3:00-6:00 pm
Instructor: Glen Peterson
SJLSSC Wood Shop members only
\$25 per person, payable at sign-up
NO REFUNDS

This class is planned as part of a series designed to provide new shop members with opportunities to use, better understand, and develop skills and confidence with the Wood Shop power equipment. This class will focus on milling and dimensioning lumber, which is the process of taking raw lumber and making boards that are flat and square and cut to whatever dimensions necessary. This process uses the jointer, planer, table saw, and perhaps the chop saw and will cover proper use, set up and safety going beyond basic ripping and cross cutting, by using sleds, jigs, and fixtures to make miter cuts and basic joinery. Standard and accepted safety rules are to be followed. Hearing and eye protection is required. **Class size is limited and advance registration is required.**



MAKING PICTURE FRAMES

2-Session Course
Mondays, April 6th & 13th, 3:00 pm-6:00 pm
Instructor: Glen Peterson
SJLSSC Wood Shop members only
\$50 per person, payable at sign-up
NO REFUNDS

During this 2-session class, students will learn the woodworking skills needed to make simple picture frames. Students will make two types of frames, suitable for 8"x 10" art. One frame will have mitered spline corners and the other will be a craftsman-style with butt joints. The goal of the class is for every student to become comfortable with the woodworking skills, tools, and machinery so they can make frames of any size. **Class size is limited and advance registration is required.**



MARCH SPOTLIGHT

≡ International Women's Day ≡



International Women's Day, **celebrated annually on March 8th**, is a global day recognizing the social, economic, cultural, and political achievements of women. Originating from early 20th-century labor movements, this day highlights the struggle for gender equality and women's rights, with 2026 focusing on themes of justice and equal rights for all women and girls. Celebrate International Women's Day through actions like supporting women-owned businesses, highlighting female colleagues' successes, donating to women-focused charities, mentoring, and sharing stories of inspiring women on social media. Ultimately, it is a day for global unity, reflection, and action to empower women everywhere.



THANK YOU DONORS!

TO EVERYONE WHO BRINGS GOODIES OR SNACKS:

Sandra Kay's, Flour Shop, Walgreen's, Sharon Foxworthy, Peggy & Roy Hruska, Cheryl Ryno, Michelle Wloch, Adolf Pelzer, Pam Duffy, Caryn McFall, Gretchen Gabler, Dolores Frantz, Jo Faher, Fran LaCount, Sally Matzke, Sandy Andert, Kathy Knapp, Betty Ramsey, Millie Carney, Marc Bilka, Jerry Radenbaugh, and Millie Carney

TO EVERYONE WHO DONATES OTHER ITEMS THAT BENEFIT THE CENTER AND MEMBERS:

Amy Reutlinger, Theresa Hall, Randy Kaeding, Sharon Haynes, Sally Hoffman, Mary Peterson, Dolores Frantz, Gabe Krajecki, Leigh McAnany, Bill Graffenius, Betty Ramsey, Celina Bevelhymer, Marc Bilka, and Joan Contardo

MONETARY CONTRIBUTIONS:

- **Donations to our Transportation Program:** Ruth Betker and Anonymous Donors
- **Donations to the Building Fund:** Berrien Community Foundation, Carol Syles, Kirtida Mehta, Fred & Kate Oppel, Mary Kynast, Patty Nordberg, Glen Hastings, Carol Johnson, Pauline Fox, Joyce Howell, Mike & Tami Genovese, Phay & Hong Son, and Celina Bevelhymer
- **Donation to the Circuit Training Room:** Don White
- **Donation to Parkinson's Exercise:** Stan Comstock
- **Donations to Exercise Programs:** Don & Joy Janke, Barbara & Mark Gray, and Ruth Betker
- **Donations to the Wood Shop:** Berrien County Woodworkers Guild, Pat Taplick, Jackie Donoho, Glen Peterson, Michael Anderson, John Erbach, and Anonymous Donors
- **Donations to the Loan Closet:** Julie McClure, Renee Hardman, Sandra Bennett, Karen Weich, Eli Gligoric, Doug Patrick, and David White

ADDITIONAL CONTRIBUTIONS:

- Thank you to Charles & Lorraine Jespersen and Suzanne Jewell for making generous donations to our Endowment Fund at the Berrien Community Foundation. We appreciate their continued support of our Center!
- A special thank you to Amy Reutlinger for donating a battery operated chain saw for our gardeners.
- Thank you to Nancy Kodis for the wonderful decorating job in our Fellowship Hall.
- Thanks to Christi McLean for donating a large box of unused Hallmark cards for our Card area.

CENTER WISH LIST

Coffee - Regular & Decaffeinated
Individually-wrapped candy
Bottled water

WOOD SHOP WISH LIST

Small to toddler socks
Yogurt Cups

IMPORTANT UPDATED MEMBER INFORMATION

It's imperative that we have up-to-date contact information for all members, including name updates, addresses, phone numbers, as well as the name and phone number of your emergency contact. Inaccurate contact information can lead to communication breakdowns with members, making it difficult to inform members about program changes, cancellations or emergency situations. Additionally, making sure address information is up-to-date assures that mailed Center newsletters are reaching the correct addresses. This will help the Center avoid having to pay a USPS fee for every newsletter that is returned to us, which added up to nearly \$200 over the last year! Please take a moment to contact the front desk if you think you may have information that needs to be updated.



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AND ALL OF OUR WONDERFUL VOLUNTEERS!

HELPFUL PHONE NUMBERS

Area Agency on Aging	(800) 654-2810
Elder Abuse	(855) 444-3911
Health & Human Service	2-1-1
Lakeshore Legal Aid	(888) 783-8190
Medicaid Hotline	(800) 642-3195
Medicare Questions	(800) 633-4227
Michigan OMBUDSMAN	(866) 485-9393
National Do-Not-Call	(888) 382-1222
PACE of SW Michigan	(855) 243-8876
Senior Help Line	(800) 654-2810
Social Security	(800) 772-1213
To Report a Scam-Treasury Dept.	(800) 366-4484
Veterans Affairs Office	(269) 983-7111



MARCH ACTIVITIES

- 2 Art Co-Op** 12:30-3:00 pm
- 10 Wood Shop: Blue Bird House** 8:30 am-12:00 pm
- 10 Organized by Design** 10:30 am
- 11 Book Club** 10:00 am
- 11 Wood Shop: Band Saw Treasure Box** 12:00-3:00 pm
- 12 Lunch/Bingo \$2** 12:00 pm
- 16 French Class Orientation** 1:30 pm
- 17 Peace of Mind** 10:30 am
- 17 Pain Management** 1:30 pm
- 17 Wood Shop: Hand Tool Basics** 3:00-6:00 pm
- 18 Self Defense for Seniors** 1:30-3:00 pm
- 18 Wood Shop: Bandsaw Scoop Class** 12:00-3:00 pm
- 18 Introduction to Salve Making** 1:30-3:30 pm
- 19 Speed Friending** 1:30-3:30 pm
- 19 Wood Shop: Epoxy Resin Demo** 3:00-6:00 pm
- 20 Cookies & Canvas** 12:00-3:00 pm
- 23 Seven Best Full-Body Exercises** 1:00-1:30 pm
- 23 Fun Collaborative Challenges** 1:30-3:30 pm
- 24 Who Were the St. Louis Browns** 10:30 am
- 24 Elder Law Primer** 1:30 pm
- 24 Wood Shop: Milling Lumber** 3:00-6:00 pm
- 26 Newsletter Mailing** 8:30 am
- 26 Bingo** 1:00 pm
- 31 Stamp Camp** 11:00 am - 3:30 pm
- 31 Beginning Floral Arranging** 1:30-3:00 pm



NOTE: All advertising content is not endorsed by the Saint Joseph-Lincoln Senior Service Center, but is the view of the presenting organization.